



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 20040, Rice, brown, medium-grain, raw

Report Date: June 27, 2017 04:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	12.37	--	0.673	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	362	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1515	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2005
Protein	g	7.50	--	0.289	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	2.68	--	0.225	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	1.27	--	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	76.17	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	3.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
<strong>Minerals</strong>													
Calcium, Ca	mg	33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	1.80	--	0.138	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	143	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989

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Phosphorus, P	mg	264	--	17.324	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	268	--	14.077	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	2.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Copper, Cu	mg	0.277	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Manganese, Mn	mg	3.743	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.413	--	0.042	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.043	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	4.308	--	0.207	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	1.493	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin B-6	mg	0.509	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folate, total	μg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folate, DFE	μg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.536	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
12:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.457	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.971	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.961	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Fatty acids, total polyunsaturated	g	0.959	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.918	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
<b>Amino Acids</b>													
Tryptophan	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.275	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.318	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.620	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.387	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.281	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Valine	g	0.440	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.569	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.437	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.702	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	1.528	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.369	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.352	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.388	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1995